

# SOLUTIONS FOR SLEEP

Sleep is extremely important, as important as our diets and exercise regimes. Well rested individuals are far more likely to meet their full potentials whether that be at school, work or play.

## Top Tips for Good Sleep ...

### Avoid Napping

Napping usually does more harm than good. Get some air, go for a walk, avoid napping.

### Get Up

If you're not tired. Get Up. Avoid lying there worrying. Get up, read and try again when you are sleepy.

### Get Fit

Eating healthily and getting regular exercise are ways of helping yourself to sleep better.

### Don't Stress It

Thinking about sleep too much or trying to force sleep will ONLY keep you awake.

### Learn to Relax

Try and test different techniques to calm your body and quiet your mind.

### Keep a Sleep Diary

Of when you get good or bad sleep. You may see a pattern of contributing factors.

### Turn it Off

Turn off gaming equipment and screens 1 hour before you are wanting to be asleep.

### Tidy

Decluttering your Bedroom can help. A messy room may contribute to a messy mind which you then can't calm.

### Avoid Sugar

In all its glory; energy drinks, sugary snacks and caffeine should be avoided in the evening.